

WARREN SENTINEL



"Jolly Rogers"

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Volume 64, Issue 47

F.E. Warren Air Force Base, Wyoming

November 23, 2005

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Heritage Month

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SERVICE BEFORE SELF ...

Airman 1st Class Brandon Zarlengo, 90th Civil Engineer Squadron, says goodbye to his wife, Sonja, Monday. Nineteen 90 CES members left Warren Monday for a six to seven month deployment to Mosul, Iraq. They will first spend 25 days training in Fort McCoy, Wis., then five days training in Kuwait before heading to Iraq.

Commentary

Integrity 101

Lt. Col. Sherry L. Stearns-Boles,
Commander, 319th Missile Squadron

What is integrity? If you know nothing else about it, you should recognize it as the first of our three Air Force core values. Integrity is often defined as a firm adherence to a code of moral values, incorruptibility and honesty. It is the cement that binds organizations together for mission accomplishment and squadron unity.

Why do we hear so much about integrity? Why has our Chief of Staff, General Moseley, recently transmitted a message to us reminding us of its importance? I believe we are constantly reminded about integrity because it is the cornerstone of our core values, for without Integrity, Service Before Self and Excellence In All We Do would be difficult to achieve. Integrity is something every Air Force member should possess and should strive to maintain at all costs. Integrity is one of several critical leadership traits that guarantee success and effectiveness in all situations. Integrity is important for successful influence, counsel, guidance, service and feedback. So, what is integrity, really?

1) Integrity includes sincerity – where your actions match your words.

2) Integrity includes consistency – we cannot condone the use of rank or friendship to determine a course of action for an integrity breach.

3) Integrity also includes trust and honesty – both up and down the chain to superiors and subordinates. Never lie – no exception. True bad news is always better than a lie. Don't hide problems. If you know about a problem, chances are someone else also knows. The sooner the problem is identified,

the sooner it can be resolved.

4) Integrity lends itself to strong work ethic. A strong work ethic sets the standard for mission accomplishment. I ask you to remember this jingle in every job or task you are assigned: once a job you have begun, never stop until it's done, whether it be great or small, do it well or not at all. This will serve you well.

5) Integrity keeps your boss happy. It will ensure you keep your boss informed. Don't let your boss be surprised by a phone call or question they receive regarding an important issue you failed to inform them about.

6) Integrity allows us to maintain professionalism at all times, on and off-duty. As Air Force personnel, we are on duty 24 hours a day, seven days a week, 365 days a year. We never know who is watching us.

7) Integrity drives responsibility and accountability. We are responsible for our action or inaction and will be held accountable for such action/inaction. We should also hold others accountable for such action/inaction. I am not implying you cannot make mistakes, but accountability means appropriate consequences will be levied for mistakes when they

Integrity, Page 3

Man on the street

The Warren Sentinel asked Warren members, "What are your plans for Thanksgiving?"



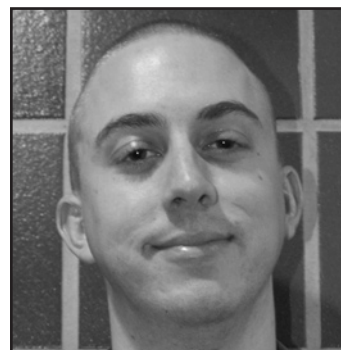
"I am going to relax and come to the chow hall for a nice Thanksgiving meal."

- **Airman 1st Class Ronald Lynch, 90th Missile Maintenance Squadron**



"I am helping make Thanksgiving dinner for the chow hall."

- **Airman Antwon Nixon, 90th Services Squadron**



"I might go to Colorado Springs (Colo.) to visit my family."

- **Airman 1st Class Brian Smith, 90th Missile Maintenance Squadron**



"I am going to Chaplain (Lt. Col.) Arendsee's house for dinner."

- **Airman 1st Class Andrew West, 90th Comp-troller Squadron**

WARREN SENTINEL STAFF

"Jolly Rogers"

Col. Michael Carey
90th Space Wing Commander
Capt. Warren Neary
Chief of Public Affairs
2nd Lt. Josh Edwards
Chief of Internal Information
Tech. Sgt. Steve Goetsch
NCOIC of Internal Information

Airman 1st Class Connor Elayan
Editor
Senior Airman Lauren Hasinger
Staff writer
Airman 1st Class Tessa Cubbon
Staff writer
Airman 1st Class Brandy Holcepl
Staff writer

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Thanksgiving message from AFSPC/CC

Give thanks to those serving at home, abroad

General Lance W. Lord
Commander, Air Force Space Command

Thanksgiving is a time to appreciate family, friends and be thankful for the freedoms we enjoy. Today, thousands of Soldiers, Sailors,

Airmen, Marines and Coast Guardsmen are deployed around the world fighting the Global War on Terrorism. These comrades in arms have dedicated their lives to preserving the freedoms we hold dear, and to help open the doors of democracy. They

follow in the footsteps of generations before them who were committed to preserving our freedom and defending peace around the world.

Thanksgiving is an opportunity to reflect on these freedoms and the many blessings we enjoy because of the selfless dedication and commitment of our service men and women. Each of us should take time to pause and remember those carrying our wartime mission banner and who will not be home with family, friends and loved ones.

Air Force Space Command has 749 members deployed in support of vital military operations around the world. However, we must also give thanks for those serving at home. From the security forces members patrolling the vast missile fields in the northern

plains to the space operations crews controlling our nation's satellites, you are the reason for the success in what space brings to the fight. Thanks to each of you for making Air Force Space Command the world's best space and missile force.

Beccy and I thank you for your hard work and wish you and your families all the best for a safe and happy Thanksgiving.

Air Force leaders send Thanksgiving message

Air Force Print News

Washington - The following is a Thanksgiving message from the Secretary of the Air Force Michael Wynne and Air Force Chief of Staff Gen. T. Michael Moseley.

"Thanksgiving is a special day for Americans to gather with family and friends and appreciate all our nation has to offer.

"Whether fighting the Global War on Terror, providing disaster relief around the globe, or defend-

ing our country here at home, Airmen cannot always be with our families at this special time. However, the American people are truly thankful you are on the frontlines, defending our rights and freedoms.

"Because of the skill, hard work, dedication, and sacrifice of our Airmen -- active duty, Guard, Reserve and civilians all -- America is safe.

"For that service and dedication, we are thankful. We are

"The American people are truly thankful you are on the frontlines, defending our rights and freedoms."

- Secretary of the Air Force Michael Wynne and Chief of Staff Gen. T. Michael Moseley

thankful for each of you who serve, at home and abroad. We are thankful for the support your families give you - allowing you to make the U.S. Air Force the best in the world.

"We're incredibly proud of you and your families. Happy Thanksgiving!"

Integrity, from Page 2

occur. The consequences are necessary to uphold our core values and ensure we do the right thing. Accountability must be consistent. In his article on accountability, *Six Cardinal Rules of Accountability in the Era of Core Values*, Lt. Col. Schmitt discusses two principles, "consistency" and "foreverness," that will lead to mockery of the Air Force core values if they

are violated. Breaches in integrity/standards need to have a consequence. He defines consistency as responding to breaches of core values with regularity (even though responses must be relevant to the situation). He describes foreverness in accountability as treating a breach of core values as a data point that is not to be easily forgotten (e.g., an Airman with a

reprimand that gets nominated for Airman of the quarter two months later is a situation where foreverness has not been applied). When you reward an individual who has violated values, it renders meaningless the rewards earned by those who have not.

8) Integrity helps you apply the golden rule. This is critical in dealing with people. Treat others the

way you want to be treated. This is important in our diverse Air Force which includes people of all ranks, ages, genders, nationalities, religious differences, etc.

9) Integrity fosters flexibility. This is key to effective operations. Since our military is in a constant state of change, we must always be able to adjust fire and still be effective.

10) Integrity fuels excellence. Excellence is another one of our core values and often deemed an overused word, but if you truly strive to do everything to the best of your ability, it is hard to fail.

So, why is integrity important? Integrity allows us to be the best ICBM force, the best space wing, the best Air Force we can be.

Warren gate guards to go civilian Dec. 2

2nd Lt. Josh Edwards
90th Space Wing Public Affairs

Don't be alarmed Dec. 2 when you pull up to the gate at Warren and see personnel other than those in military uniforms protecting our installation.

The first steps of installation entry control privatization began here in early October when Warren was awarded a one-year contract with Akal Security Inc.

"I certainly see this as a positive thing," said Maj. John Northon, 90th Security Forces Squadron Commander. "People will now see ball caps instead of berets, but the contractors are well-trained and want to be here."

Military installations first began to privatize gate guards to augment security forces and fill in the gaps from post - Sept. 11, 2001 deployments, said Major Northon.

Warren is one of 18 Air Force installations, along with eight Army installations, that have privatized gate guards, said Stan Edwards, start-up coordinator for Akal at Warren.

The elite gate guards from the 90th SFS will be reassigned within the squadron. However, until at least February 2006, a minimal number of gate guards will remain at the gates to train Akal employees on force protection measures specific to this installation, said Master Sgt. Scott Scheffey, 90th SFS Operations Superintendent and former NCOIC of the gate guard section.

Both Sergeant Scheffey and Mr. Edwards are adamant that installation entry control privatization will have positive effects on the 90th SFS and Warren as a whole.

"When you have an organization like [Akal], you have a group of individuals whose sole mission is force protection," said Mr. Edwards. "This is their entire bread and butter, how they pay the mortgage and feed the family, so they're going to approach it with the zeal of, 'hey, I need to keep my job.'"

Mr. Edwards also stressed that Akal is in a performance-based contract, so Akal's 23 employees at Warren have extra incentive to

excel in their duties.

Although military experience is not required, Akal generally hires mostly veterans, said Mr. Edwards. Former military members from various career fields end up working out best with Akal, because they get to utilize skills learned throughout their careers in a familiar environment. In fact, Mr. Edwards is a former military policeman.

Akal also hires entry level personnel and has a very comprehensive training program, said Mr. Edwards. The weight, fitness and appearance standards are also high among Akal employees.

Sergeant Scheffey said he views the changes within the 90th SFS as positive as it adds to the amount of security forces members who can deploy to support military operations abroad. At the same time, the gate guards of the 90th SFS are somewhat sad to be leaving positions that many enjoyed so much.

"There's a sense of pride there. They would much rather be working at the gates," said Sergeant Scheffey. "They like interacting with people,



Courtesy photo

Officer Gerald Driscoll checks ID at the gate of Fort Lewis, Wash.

and they're not going to get that as much anymore."

Rest assured that Akal employees will be just as happy to guard Warren's gates when they begin working full time, said Mr. Edwards.

"The standards that I see here with security forces, I am very impressed with," said Mr. Edwards. "Those standards will not go down at all. It's a high standard to meet, but we will meet it."

Warren's Annual Angel Tree Program to begin at base exchange Saturday

Airman 1st Class Brandy Holcepl
90th Space Wing Public Affairs

Warren's Angel Tree is scheduled to go up 10 a.m. Saturday at the base exchange for two weeks, giving people a chance to donate and provide gifts for the children of disadvantaged military families.

Angel ornaments are put on a tree with needed items written on them; BX consumers take an angel off the tree, then purchase and donate the item, said Jim Headstream, Warren Family Support Center director. Mr. Headstream also explained that the donations are given to the first sergeants who then distribute the gifts to military families.

"The Angel Tree program helps bring the base together," said Master Sgt. Gerald Dickson, 90th Communication Squadron First Sergeant. "Toys for Tots is another program like this one, but it is better when the support comes from within. We talk about how the Air Force comes together as a family and this really shows how much we do that."

Active-duty military families are not the only ones who benefit from this program. Sergeant Dickson said it also extends to retired military and civilians who work on base. This is a program that helps people feel like they are not forgotten, he said.

"This is a good thing," said Sergeant Dickson, "it shows the base's willingness to help those in need." He also said this is a way to increase morale among the troops and show that the Air Force does come together as a family.

Sergeant Dickson went on to ask people to take a card and help the youngsters out. "From my previous experience with this program on other bases, people go above and beyond what is needed."

"I would like to say thank you to the people that do donate gifts," said Sergeant Dickson. "Without those people, this program wouldn't work."

For more information about the Angel Tree Program, contact Jim Headstream at 773-5939 or the Family Support Center at 773-2241/ 2599.

Flu vaccination program kicks off at Warren

90th Medical Group

The 90th Medical Group has received their allotment of flu vaccine and has begun vaccinations for all active duty, dependents and retired personnel. Flu-mist (nasal vaccine) is also available for healthy people who would like to avoid the shot. Vaccinations are available at the immunization clinic, 7:30 a.m. to 4:30 p.m., Mondays through Fridays. Vaccination is mandatory for active duty members and is being brought to the work areas. Make-up sessions will be held in the base theater when squadron visits are complete. Special mass vaccination clinics will be held at the base exchange each Saturday from 10 a.m. to 2 p.m., Dec. 3 to 17.

Flu activity will usually peak around February; however, now that vaccine is available, people should be vaccinated as soon as possible. Vaccination is the best way to prevent the flu. The 90th MDG's goal is to get the majority of our population vaccinated before the Christmas holiday season.

Today:

790th Missile Security Forces Squadron
10 a.m. to 12 p.m., Building 34

Monday:

90th Mission Support Group
8 a.m. to noon, deployment line
90th Security Forces Group
4 to 6:30 p.m., Building 34

Tuesday:

90th Mission Support Group
8 a.m. to noon, deployment line

Wednesday:

90th Missile Security Forces Squadron
8 a.m. to noon, Building 34

Briefs

The Great F. E. Warren Cookie Launch

Let's bring a little bit of "home" to our 650-plus dormitory Airmen this holiday season!

Please support this base-wide effort by bringing homemade cookies to the Trails End Club, Mon., Dec. 12, 6:30 a.m. to noon.

(Santa's helpers will be standing by for curbside drop-off at the main circle drive entrance.)

Anyone who'd like to join the fun in assembling goodie bags is welcome to help!

Straight talk line

To receive timely information on delayed reporting as well as inclement weather, call the 90th Space Wing Straight Talk Line:

From a base phone: x2222

Commercial: 773-2222

The Straight Talk Line is a tool used by 90th Space Wing Public Affairs to keep Team Warren informed of mission-impacting events on-base and throughout the community.

New Subway at BX

Subway opens at the Base Exchange Dec. 1 in the food court. Hours of operation are Mondays to Saturdays, 11 a.m. to 8 p.m., and Sundays 11 a.m. to 6 p.m.

Thanksgiving at Chadwell

Chadwell Dining Facility will serve Thanksgiving Dinner 11 a.m. to 2 p.m., Thursday. The dinner is open to all active duty enlisted, officers, retired military and their family members.

For more information call Chadwell at 773-3838.

Air Force Space Today schedule

Air Force Space Today, a news program from Air Force Space Command, has begun airing on the Pentagon Channel.

The following are the times in which the program can be seen: Tuesdays at 12 p.m.; Wednesdays at 12 a.m., 5 a.m., 5 p.m.; Thursdays at 8:30 a.m., 8:30 p.m.; Saturdays at 2:30 p.m.; Sundays at 2:30 a.m., 9:30 a.m., 9:30 p.m.

(Please note that the Sunday 9:30 a.m./9:30 p.m. timeslot will not begin until December).

Warren observes Arbor Day

Airman 1st Class Brandy Holcepl
90th Space Wing Public Affairs

During a ceremony dedicating a "new century of Randall Avenue trees in honor of Arbor Day," Warren members gathered here Thursday to help the environment.

Lt. Col. Joe Ballard, 90th Civil Engineer Squadron Commander, planted a tree near the running track across the street from the post office and read the Arbor Day proclamation signed by Col. Michael Carey, 90th Space Wing Commander.

The proclamation states trees can reduce the erosion of our precious topsoil by wind and water, cut heating and cooling costs, moderate the temperature, clean the air, produce life-giving oxy-



Tommy Gonzales, 90th Civil Engineer Squadron, and Lt. Col. Joe Ballard, 90 CES Commander, shovel in the first heap of soil for the tree planted for Warren's Arbor Day observance Thursday.

gen, and provide habitat for wildlife. Also, trees are a renewable resource giving us paper, wood for our homes, fuel for our fires, and beau-

tify our community.

"In this high plains desert environment, the base and community face the same problems. Our cur-

rent stand of trees is over 100 years old and new ones are difficult to keep healthy. Therefore we must make an asserted effort to replenish our urban forest by annually planting trees," said Tommy Gonzales, 90 Civil Engineer Squadron Grounds Maintenance Supervisor.

Arbor Day, a special day set aside to plant trees, was founded in Nebraska by Julius Sterling Morton April 10, 1872, because he felt that Nebraska's landscape and economy would benefit from the wide-scale planting of trees, said Mr. Gonzales.

The end of the proclamation states November 17, as our 17th anniversary celebration of Arbor Day at Warren, and urges all citizens to support efforts to protect trees and woodlands.

Native Americans honor servicemembers

Don Morgan
72nd Mission Support Squadron

From the teachings of ancestors, American Indians are given a strong sense of duty, respect, honor and admiration for those willing to give the ultimate sacrifice to defend their way of life. Long ago, American Indian warriors prided themselves on their prowess on the battlefields in defense of their land and people. Being part of a war or raiding party offered a young man a chance to make a name for himself and gave him the opportunity to speak in tribal councils. Many Indian warriors derived satisfaction from military-related pursuits such as crafting weapons, living off the trail, tracking the enemy or leading a raiding party.

Historically, this ethic was so deeply rooted into Indian hearts and minds that they came to care more for the competitive challenge of combat than for the loot taken on a raid or any physical harm they could inflict on their enemies. Warriors might be honored for killing a foe, capturing horses or weapons, but the most prized action above all was the act of touching one's opponent without drawing blood. A soft tap was preferred to a sharp strike, because its intent was solely to humiliate the enemy and capture his spirit.

As warriors returned from a battle or raid, a runner was usually sent ahead to let the village know of the party's approach. The return of a suc-



Courtesy photo

cessful party was a joyous occasion in which the spoils were distributed to relatives, friends and the village chief. The women would sing songs, prepare a feast and get the ground ready for dance in the warriors honor. Sometimes, returning warriors were required to undergo a purification process to cleanse themselves of harmful spirits and ease their transition from the battlefield to peaceful village life.

The power of this heritage remains strong today. Since American Indians view military service as a substitute for traditional warfare and a means of gaining honor, many Indian veterans returning from modern-day war have found their readjustment to every day life easier because of these rituals and

songs. One Indian veteran stated he experienced a sense of renewal after a tribal feast was given in tribute to his military service. "My people honored me as a warrior," he recalled. "My relatives thanked everyone who prayed for my safe return. As we circled the drum, I got a feeling of pride; because that's the way Indian people tell you that you've done well." True to their heritage, American Indians today celebrate their fighting men and women for having gained through war a maturity and wisdom far beyond their years.

As one tribal elder explained, "We honor our veterans for their bravery, because by seeing death on the battlefield, they truly know the greatness of life."

WARREN BRINGS HOME GOLD

Peterson AFB, Colo - General Lance W. Lord, Commander, Air Force Space Command, presents a check for \$286,200 to Col. Michael Carey, 90th Space Wing Commander, during the AFSPC 2005 Fall Commander's Conference Nov. 16 with Chief Master Sgt. Jim Wood, 90th SW Command Chief. The following awards were also won: The 90th Operations Support Squadron was awarded the Col. Lowell F. McAdoo Award, recognizing the best overall ICBM operations support squadron in AFSPC. The Major General "Tim" C. Padden Award recognizes installation excellence through the construction and maintenance of first-class facilities for people to work, live and play. The first place winner of the Padden Award, in the missile alert facility category, was the 319th Missile Squadron, MAF D-01; The 90th SW was awarded the Missile Food Service Excellence Award, recognizing the best missile food service operation in AFSPC; The 320th Missile Squadron was awarded the General Samuel C. Phillips Award, recognizing the best overall missile squadron in AFSPC.



Photo by Duncan Wood

What's going on at Warren clinic



Col. Ronald Pearson, 90th Medical Group Commander, gets his flu shot from Staff Sgt. Rebekah Virtue, 90th Medical Operations Squadron, in his office Nov. 16. For more information on the flu vaccine, see Page 5.



Photos by Airman 1st Class Tessa Cubbon

Above: Lt. Col. Bradley Rausch and Ms. Sheri Scott perform dental work on Army Private Larry Eugene Bennett. Pvt. Bennett is preparing to deploy and the dental clinic is just one stop on his way to being fully prepared for his deployment.

How to: enjoy the holiday season

Try these tips for a little less stress and a lot more giving

Glenn Garcia
Family Advocacy Outreach Manager

Well, it's that time of year again, the holidays.

It seems as though the commercialism starts earlier every year. You may be asking yourself, can I handle another year of gift buying, fruitcake, baking, in-laws and all the financial problems that can go along with this time of year? In order to truly enjoy the holidays, one may need to refocus on what this time of year is really about. It is about being thankful and enjoying time with the people we care about. So, before you decide to open that tempting credit card offer, understand that there are some important strategies you can apply to get you through this holiday season.

1. Stress proof yourself.

Begin by taking care of yourself and being realistic with your expectations this year. Remember, you are not Martha Stewart, so you do not have to bake and decorate your home to perfection.

2. Set a money limit.

Stick to a realistic budget for gifts, food, travel, etc. Avoid using your credit card if at all possible and remember, no matter how hard they will try and have you believe otherwise, payday loan companies are not your friend.

3. Be stingy with your time.

This time of year it seems everyone is asking you to donate time or money for a good cause. If you volunteer your time to everyone who needs you, you will not have any time to take care of yourself. Remember it is alright to say no.

4. Practice sensible eating habits.

This time of year can cause severe problems for people trying to manage their weight. Too often, co-workers or friends will bring baked goods to work or your home. If you must indulge, be sensible about portions and avoid seconds, no matter how delicious it may be.

5. Avoid excessive alcohol use.

Alcohol is a depressant. If you are feeling sad and depressed, alcohol will

only make it worse. If you do wish to indulge, be responsible and choose a designated driver. Avoid binge drinking by consuming non-alcoholic beverages and always remember to practice 0-0-1-3.

6. Stay active.

As the weather turns colder and the days get shorter, it is easier for us to make excuses for not exercising. If you schedule a set time for exercise and make it a social activity, you will be more successful at maintaining an active lifestyle.

7. Be realistic.

Movies and magazines would have us believe that everyone gets along during the holidays. The reality is that some families have problems that have gone on for years and it may take professional help to get along. If you are an introvert, or have social anxiety, you may feel pressured into accepting an invitation to an event that does not make you feel comfortable. It is alright to decline an invitation, even to a family member's home, especially if your intuition tells you that it will not be enjoyable.

8. Remember, you can't buy love.

Commercials on television would have you believe that a child will be traumatized if they don't get that perfect gift this year. Truth be told, people remember the holidays for

the special time they spent with others, rather than remembering the gifts they received. Don't believe it? Then try and remember your most enjoyable holiday memory. Chances are it has to do with people, not products. Especially after recent world events, it becomes critical to spend quality time with those you care about. Your time is the best present you can give anyone.

9. Start new traditions.

If you find yourself separated from loved ones, or if past holiday memories are of abuse or remorse, then start this year with some new holiday traditions that will bring positive memories. Invite a friend or an Airman who may be separated from family. Learn something new or start a new adventure like skiing or volunteerism.

10. Respect differences.

Remember that not everyone celebrates gift giving this time of year. If you know or work with someone from a different culture or religious orientation, be respectful of their beliefs and traditions. This time of year is meant to focus on everyone appreciating what they have instead of being resentful of what they don't have. So, if someone does not want to come to the office party, don't try and make them feel guilty, instead, make

time over the coming year to get to know them better.

Finally, if you cannot manage your stress, or the depressive symptoms are too overwhelming, seek professional help by calling the Life Skills Center at 773-2998 or, Military One Source at 800-342-9647. Professional staffs are on-call to handle emergencies after hours and during holidays.

TRY THESE TIPS FOR A STRESS-PROOF HOLIDAY

- STRESS PROOF YOURSELF
- SET A MONEY LIMIT
- BE STINGY WITH YOUR TIME
- PRACTICE SENSIBLE EATING HABITS
- AVOID EXCESSIVE ALCOHOL USE
- STAY ACTIVE
- BE REALISTIC
- REMEMBER, YOU CAN'T BUY LOVE
- START NEW TRADITIONS
- RESPECT DIFFERENCES



Photo by Airman Christopher Boitz

FIRE WHEN READY ...

MINOT AIR FORCE BASE, N.D. -- Staff Sgt. Kevin Beasley, 5th Civil Engineer Squadron Explosive Ordnance Disposal Flight Noncommissioned Officer in Charge, fires an M-16 during an exercise Nov. 10. The exercise trained Airmen on expeditionary combat skills before their deployment in Air and Space Expeditionary Force 9 and 10.

DoD to begin BRAC closures, realignment

Donna Miles
American Forces Press Service

WASHINGTON -- The Base Realignment and Closure Commission's recommendations for reshaping the Defense Department's infrastructure and force structure took effect Nov. 9.

Congress allowed the commission recommendations to pass into law at the mandated Nov. 8 deadline.

The nine-member BRAC panel delivered its final report to President George W. Bush Sept. 8. He, in turn, sent it to Congress for legislative review Sept. 15. Congress had 45 legislative days -- until Nov. 9 -- to accept or reject the report in its entirety.

However, Congress was not authorized to make any changes to the final report.

By statute, the Defense

Department now has until Sept. 15, 2007 -- two years from the date the president sent Congress the BRAC Commission's final report -- to begin closing and realigning the installations as called for in the report. The process must be completed by Sept. 15, 2011, DoD officials said.

The 2005 BRAC recommendations represent the most aggressive BRAC ever proposed, affecting more than 800 installations, officials said.

The four previous BRAC rounds -- in 1988, 1991, 1993 and 1995 -- resulted in 97 major closures, 55 major realignments and 235 minor actions, according to DoD figures. Overall, closing and realigning these installations saved taxpayers around \$18 billion through fiscal 2001 and a further \$7 billion per year since, ac-

cording to DoD officials.

BRAC 2005 is being called an important milestone in restructuring the department's domestic base structure to improve efficiency and operational capabilities. It also supports plans to move thousands of U.S. forces -- currently serving overseas -- to within the United States as part of DoD's new global positioning strategy, officials said.

After months of study, installation visits and public hearings around the country, the BRAC panel approved 86 percent of DoD's original recommendations -- 119 with no change and another 45 with amendments, the panel said.

The panel also rejected 13 recommendations, significantly modified another 13, and made five additional closure or realignment recommenda-

tions on its own initiative.

Of DoD's 33 major closure recommendations, the panel approved 21, recommended seven bases be realigned rather than closed, and rejected five recommendations outright. In addition, the commission recommended closing rather than realigning another installation, for a total of 22 major closures.

Many of the transformational recommendations in the report, particularly those to establish joint operations, will present significant challenges as they are implemented, officials acknowledged.

Detailed business plans will be developed for every BRAC recommendation, laying out what actions are required to implement them, when they will occur and what resources are needed to put them into effect, officials said.

Affected services and agencies submitted these plans

to the DoD Installation Capabilities Council, which reviewed them and forwarded them to the Infrastructure Steering Group for approval.

Meanwhile, the department is poised to begin working with civilian employees and communities affected by the BRAC decisions.

DoD has a long and successful history of helping its civilian workers impacted by base closings, officials noted. This includes programs that promote placement, training, retraining and transition to new positions.

A community conference, to be held in Baltimore, will focus on many of the issues involved in BRAC 2005 and the programs available to address them.

Are you ready? Physical therapy helps keep Warren fit to fight

2nd Lt. Josh Edwards
90th Space Wing Public Affairs

Physical fitness is an integral part of being ready to deploy at a moment's notice.

Military members and war fighters are responsible for being in the best physical shape possible. That responsibility includes exercising safely and listening to our bodies when injuries occur.

Injuries are a common occurrence among active people who over-exert their bodies or do not take the appropriate measures for safe exercise.

The Health and Wellness Center at Freedom Hall has professionals trained in physical therapy to assist members' rehabilitation from injuries or surgeries. They also have advice for staying healthy and preventing injuries in today's active Air Force.

Capt. Michael Hobson, 90th Medical Operations Squadron, is the Physical Therapy Flight Commander and a licensed physical therapist. As the OIC of the flight, he oversees physical therapy, sports medicine, orthopedic re-hab and chiropractic care for many Warren members.

"Basketball, flag football and running injuries are the most common we see," said Captain Hobson. "In terms of orthopedic-type injuries, it's your contact stuff."

Physical therapy professionals also see overuse injuries from members running more often than their bodies can handle and not wearing the proper footwear, said Captain Hobson.

Senior Airman Candace Westbrook, 90 MDOS Physical Therapy Flight Technician, agrees that running injuries are being treated more frequently. The number of fitness-related inju-

ries has increased since running, push-ups and sit-ups became the major activity components of the Air Force fitness test, said Airman Westbrook.

One of the many ways to prevent fitness-related injuries is as simple as proper warm-up and stretching, said Airman Westbrook.

"As we age, our muscles and other soft-tissue structures are not as flexible as they were when we were children," said Airman Westbrook. "It's important to stretch in excess of 20 seconds per stretch to ensure your muscles, ligaments and tendons are properly warmed up to prevent injuring yourself."

Important medical information and advice such as this can be sought out from the physical therapy professionals without a referral from a doctor, said Airman Westbrook.

If a sports-related injury occurs at Freedom Hall, members can seek immediate medical attention at the physical therapy clinic, said Captain Hobson. As long as a member has an injury that's in physical therapy's area of expertise, they can be treated during a walk-in appointment.

"For us, it's nice to have the clinic co-located with the gym," said Captain Hobson. "Every day we have an ankle sprain we can treat right there, get the patient on ice, and if we can reduce the inflammation within the first half hour, we can probably save them months worth of work in the end."

While physical therapy is in the business of treating and rehabilitating injuries, their primary goal is to prevent injuries from occurring in the first place. Members should not hesitate to seek out medical or fitness advice



Photo by Airman 1st Class Tessa Cubbon

Airman 1st Class Dane Sauer, 90th Medical Operations Squadron, assists 2nd Lt. Matt Lord, 319th Missile Squadron, during his physical therapy session Monday.

and information, said Airman Westbrook.

"Anytime people see us out in the gym monitoring a patient or in passing, they can feel free to stop and ask us if we have information on any preventive care

they would need to know," said Airman Westbrook. "Feel free to come on down and we can give them something to accommodate them."

(This is the second part of a three-part series.)

Strengthening our nation's spirit

Warren Airman stresses importance of heritage

Airman 1st Class Kristopher Anderson, 90th Missile Maintenance Squadron, sat down with Airman 1st Class Brandy Holcepl, 90th Space Wing Public Affairs, to talk about his work, family, and the importance of Native American Heritage Month.

Where are you from?

Clovis, Calif.

Is home different from here?

It is a lot flatter here, the weather is colder, and it is more agricultural out here.

What is your favorite memory from home?

Surfing with my friends in the summer.

What did you do in high school?

I was in the marching band, I played clarinet, and I did martial arts, I got to junior black belt.

Did you win any awards during high school?

I won the County Honor Band two years in a row in 2003 and 2004.

Are you married?

I have been married for 2.5 months and we have a dog named Kahlua. She is a chow-boxer mix.

What do you like to do with your family?

My wife and I like to go to the movies, we play games and watch television.

What is your favorite memory with your family?

Seeing my mom cry because she was so proud when I graduated high school.

When did you join the Air Force?

July 22, 2004

Why did you join the military?

It is a good career, and I wanted to see the world.

Why did you choose the Air Force over other military branches?

Family tradition. My grandpa

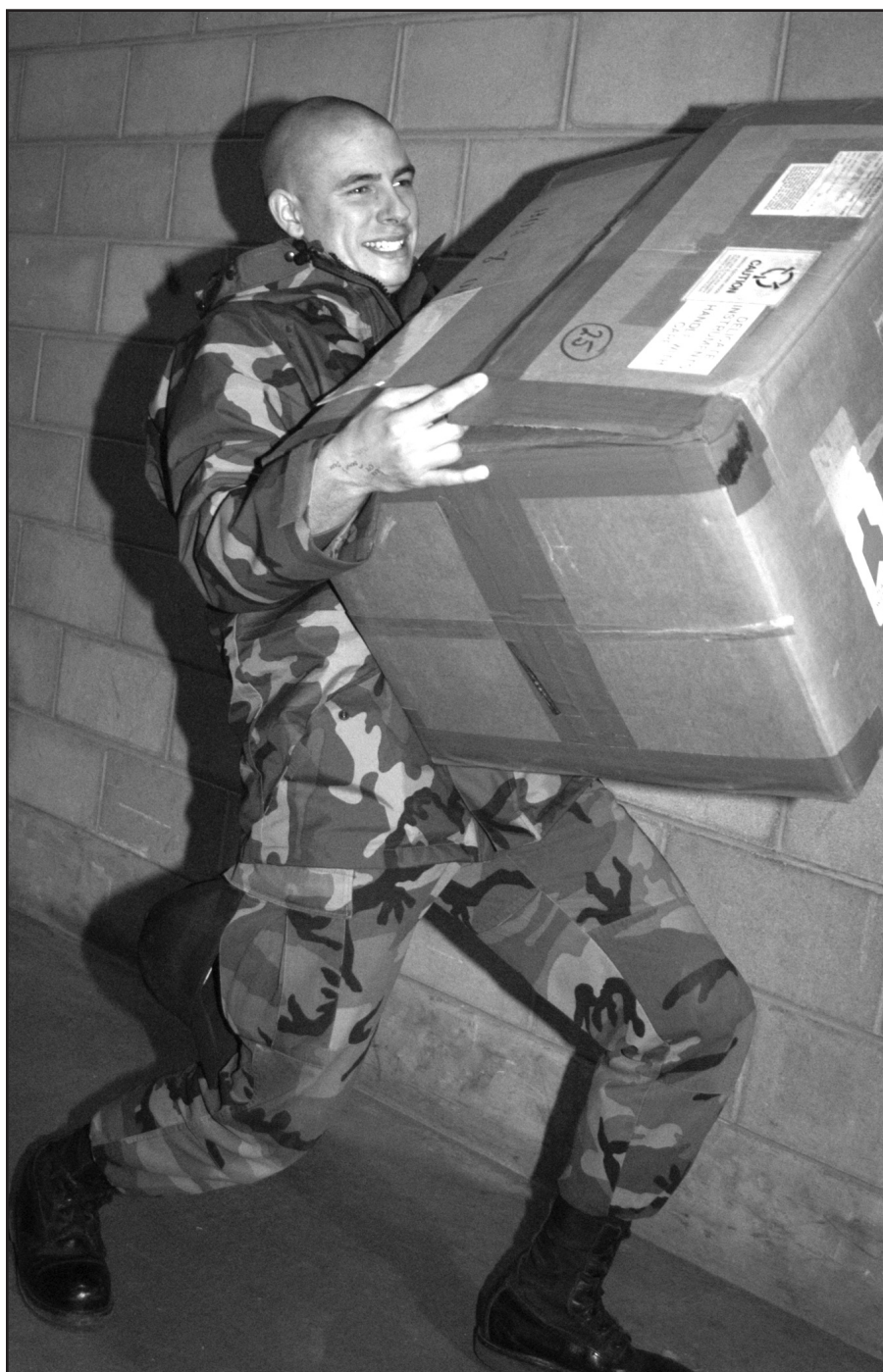


Photo by Airman 1st Class Brandy Holcepl

Airman 1st Class Kristopher Anderson, 90th Missile Maintenance Squadron, moves a box of equipment Nov. 16 at the Weapons Storage Area on base.

was in the Air Force, and my great grandfather was in the Army Air Corps.

How many years have you been in and how many years are you enlisted for?

I have been in for almost 1.5 years out of my six-year-enlistment.

What was your training like?

It was very strenuous and detailed. It was 11.5 weeks long.

What are your career goals?

I would like to become an officer

and get to the rank of major.

What do you do for your job?

I maintain missiles.

Do you like your job?

Yes, I have great hours and I work with good people and good supervision.

Would you like to get a special duty, if yes, what?

I would like to be a TI. I think it is a good career move. You're in a leadership position and you can reflect positively on the trainees.

What do you do in your spare time?

I read, write, draw and I love to spend time with my wife.

Do you do any volunteer work?

I did the Challenge Rodeo for Frontier Days and I was an assistant coach for the youth t-ball team on base.

Do you enjoy doing volunteer work? Why?

I love to volunteer for things because I get to do something good for someone else.

What is the most important thing you have learned being in the military?

I have learned that you really have to pay attention to what you are doing. One little thing turns into a big thing really fast. Attention to detail is key.

What did you do before you came into the Air Force?

I worked at McDonald's and I did landscaping and maintenance for a campground in California.

What do you think of Native American Heritage Month?

I think it gives people a chance to learn the Native American background and culture.

What would you like to learn about your heritage?

I would like to learn the language my ancestors spoke and how far back I can trace my heritage.

Where do you get your heritage?

My great, great, great, great grandmother on my dad's side of the family was 100 percent Blackfoot. I am 15 percent Blackfoot and 10 percent Cherokee, but I am not sure where the Cherokee comes from.

What other backgrounds do you have?

Polish, Irish, and Canadian are just a few of my backgrounds.

Why do you think Native American Heritage Month is important?

It is a way to see the history of America before the western world came into the picture.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility. All active-duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m.

Also invited are family members of deployed servicemembers.

For more information, call 773-3838.

Base tree lighting ceremony

The annual base tree lighting ceremony is scheduled for 5 p.m. on Dec. 1 at the base flag pole.

This Warren tradition features holiday carols and Santa's arrival to the base.

A reception with Santa and holiday treats at Fall Hall will follow.

For more information, call the youth center at 773-2564.

Ski trip

Outdoor recreation will take its first ski trip of the

season to Keystone, Colo., for the Snofest Jan. 27 to 29. You can get your photo pass taken care of while there if you purchased a Liberty Pass.

The bus is scheduled to leave by 5:30 a.m.

Cost is \$65 for day skiers, \$20 for season pass holders. This trip includes ski equipment for no additional charge.

For more information, call ODR at 773-2988.

Demolition Derby

Nov. 26 - It's a weekend of destruction when the demolition derby comes to the Budweiser Event Center.

Contestants will include cars and motorcycles. Participants will leave ODR at 6 p.m., the show starts at 7:30 p.m., and participants will return at approximately 11:30 p.m.

Cost is \$25 per person and includes event ticket, transportation and curbside drop-off and pick-up.

For more information, call ODR at 773-2988.

Colorado Eagles Pro Hockey Military Night

Military discounted tickets are available for the Colorado Eagles vs. the Memphis River Kings Dec. 2 at the Budweiser Event Center.

Tickets are \$16. For \$6, outdoor recreation will dropoff and pick-up at the front door to avoid paying for parking. Purchase tickets by Tuesday.

For more information, call ODR at 773-2988.

Transmission flush special

Save \$10 on a transmission flush during November at the Auto Skills Center.

In addition to providing a clean, safe place to work on vehicles, the Warren Auto Skills Center also provides full service repair work.

For more information, call 773-3869.

Car wash card

Tired of messing around with quarters when that car needs to be washed? Stop by the Warren Auto Skills Center to purchase

a car wash card.

For more information, call 773-2869.

Water aerobics class

Water aerobics offers a low impact cardio workout. Sessions are Tuesday and Thursday, 5:30 to 6:30 p.m. The session is \$3 or save with a \$30 punch card for 15 sessions. The first class is free.

For more information call the aquatic center at 773-3195

Family special

Swim on Saturdays from 1 to 5 p.m. Pay no more than \$10 for the entire family. Immediate family members only.

The Spa at the aquatic center

Relax. Refresh. Renew. The Spa at the aquatic center offers massage therapy, hot stone massage, couples massage, body wrap (mud, seaweed, etc.), sugar scrub, facial mask/reflex session, ear candling and air brush tanning.

For more information,

call the aquatic center at 773-3195.

Free bowling

Have lunch at Warren Lanes and bowl two free games Mondays through Fridays, 11 a.m. to 1 p.m., rental shoes included. For more information, call Warren lanes at 773-2210.

Family bowling day

Prices for Sunday afternoon open bowling are reduced for Family Day. The entire family can bowl for \$6.50 per hour per lane from noon to 6 p.m.

Xtreme Bowling

Xtreme Bowling is an exciting way to spend a Friday or Saturday night. Xtreme's rockin' music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls all set the stage for good, clean family fun.

Bowl Fridays from 9:30 to 11 p.m. Bowl Saturdays from 7 to 11 p.m. The cost is \$7.50 per lane/per hour.

For more information, call 773-2210.

Education center briefs

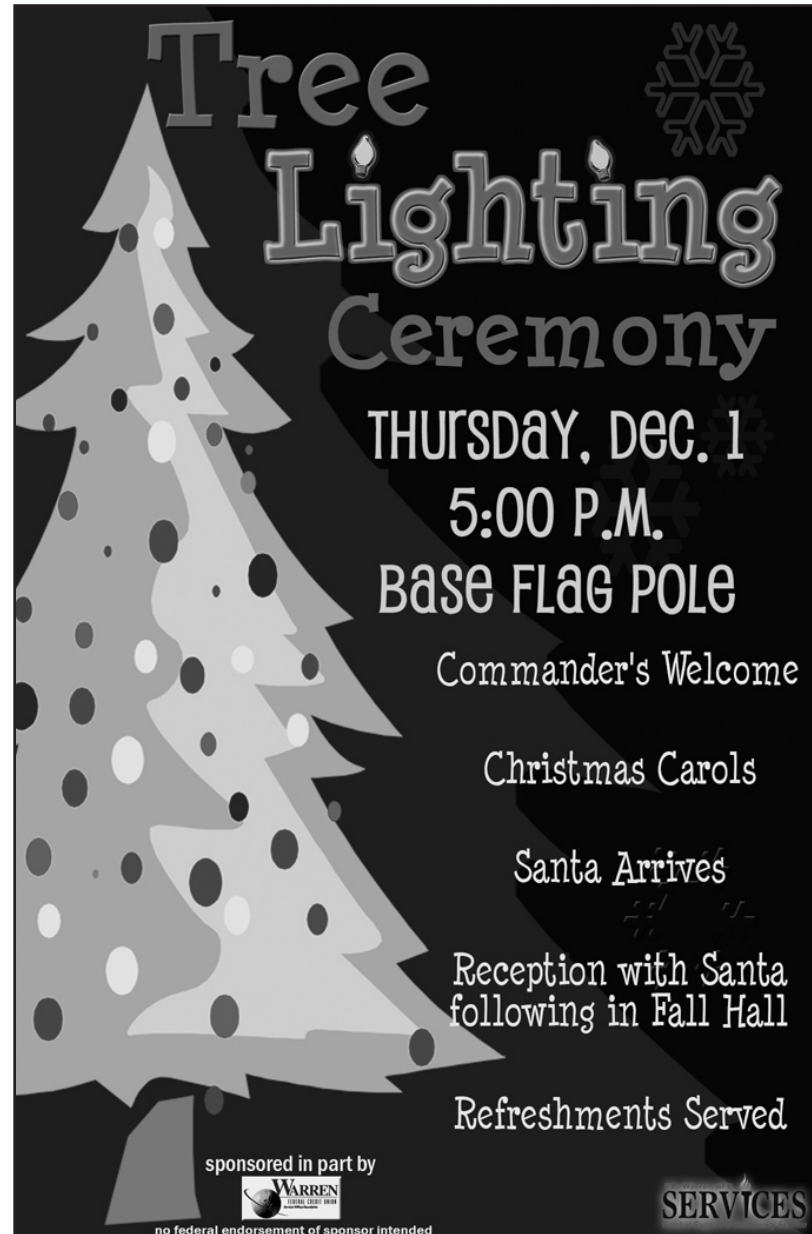
Online tuition assistance: The education and training flight is conducting briefings to provide information on the new Air Force Virtual Education Center On-Line Tuition Assistance Program. Active duty members currently using TA or contemplating using TA in fiscal year 2006, as well as their supervisors and first sergeants, are highly encouraged to attend one of the briefings. Education center staff will also be available to provide information during commander's calls or staff meetings around the base. For more information, visit the education and training flight customer service counter (1205 Black Powder Rd.) or call 773-2117.

Warren Chiefs and Sergeant Major Groups Scholarship: Applications are now being accepted for the Warren Chiefs and Sergeant Majors Group Enlisted Scholarship Awards. Applicants must be E-1 through E-7 or a dependent of an enlisted member. Deadline for applications is Dec. 1. Information sheets and application packages are available at the Education Center. For more information please contact the education center at 773-2117 or Chief Master Sgt. Singhas at 773-2850.

CLEP testing: Laramie County Community College will not have November computerized CLEP testing available at Warren Nov. 22, 25 and 29. The first December examination day for scheduling is Dec. 2, at 8 a.m.

Call 773-2113 to arrange a date for your examination.

Commissioning workshop: Are you active duty enlisted and interested in becoming a commissioned officer in the Air Force? The education center is presenting a commissioning workshop 2 p.m. Tuesday, at the education center (Building 841), Room 24. Presentations include AFROTC programs (AECF, ASCP, SOAR, and POC-ERP), OTS, Air Force Academy and prep school. Call the education center at 773-2117.



Tree Lighting Ceremony

THURSDAY, DEC. 1
5:00 P.M.
BASE FLAG POLE


Commander's Welcome

Christmas Carols

Santa Arrives

Reception with Santa following in Fall Hall

Refreshments Served

sponsored in part by

no federal endorsement of sponsor intended

SERVICES

Cold, flu tips to keep you healthy this winter

Capt. (Dr.) Dean Bartholomew
90th Medical Operations Squadron

Welcome to cold and flu season. It is time for action – time to “wipe out,” or should we say “wash off” cold and flu season.

Here are some differences between a cold and the flu (reference: www.cdc.gov/nip/flu):

-Fever: Patients with the flu usually have a fever around 102.0 degrees even up to 104.0 degrees; adults with colds rarely have a fever and children can run a fever up to 102.0 degrees.

-Headache: Sudden onset and can be severe in the flu; rare or mild with a cold.

-Muscle Aches: Common and severe with the flu; mild with a cold.

-Tiredness and weakness: Sudden onset lasting 1-2 weeks with the flu; mild with a cold.

-Extreme Exhaustion: Sudden onset and can be severe with the flu; never with a cold.

-Runny Nose: Sometimes with the flu, often with colds.

-Sneezing: Sometimes with the flu, often with colds.

-Sore Throat: Sometimes with the flu, often with colds.

-Cough: Usually seen with the flu and can be severe; in general, patients with colds have a mild hacking cough.

Handwashing is the single most effective prevention for both the flu and for colds. Both diseases are caused by viruses and are spread via mucous droplets, i.e. spit. So, when the person in front of you at the store sneezes into their hands, opens the door, and then you open the door, guess what you just came into contact with? Their spit and viruses.

When at home with the flu, drink water or Gatorade. Some patients may develop vomiting, which usually passes in 12 to 24 hours, but should continue to drink fluids. Next, patients should take Tylenol or Motrin for the muscle aches and headaches. Third, rest and rest some more.

There is no actual treatment for the common cold, but symptoms can be treated. If you are seen in

the clinic and diagnosed with a cold, you may be given a medication to alleviate those symptoms, but the great news is that the ingredients in these medications are the same as those medications you can buy over the counter. Below is a common timeline in the evolution of a cold and the medications that will help alleviate those symptoms (www.familydoctor.org):

-Day 1: Fatigue, mild sore throat: Tylenol, Motrin

-Day 2: Runny Nose: Antihistamine (Benadryl, Chlor-Trometon).

-Day 3: “Stopped up” nose: Decongestant.

-Day 4: Dry Cough: Antitussive.

-Days 5 and 6: Moist, productive cough: Expectorant.

-Day 7-10: Overall improvement but may lose voice: rest and medications as above for symptoms that persist. Nothing will help your voice except for rest.

-If your symptoms persist after 10 days and especially if your symptoms are worsening, you may then need to be evaluated for sinus infections,

bronchitis, pneumonia, and other diseases in the clinic.

Not every cold will progress as above, but in general match your symptoms with the medications as above. For more questions, refer to the “Taking Care of Yourself” books that were distributed by Tricare.

Active duty troops can be sent home by their supervisors for 24 hours. We ask adults to try the over-the-counter medications for cold symptoms, which will last seven to 10 days no matter what you or your doctor does. This way, we will have more appointments for those more vulnerable: the kids and the elderly.

If you think that you have an urgent medical issue (medication question, medical issue that can't wait until clinic hours) call 773-3461. Your call will be connected to the on-call provider who can offer medical advice and authorize care outside of the clinic. For an emergent medical condition and/or need transportation by an ambulance, call 911.

Keep washing those hands and have a healthy and happy winter!